How did it get to be June already?! As the weather heats up and school lets out for the summer (or tracks out, for year-rounders), you may find yourself getting ready to go on vacation. Before you head out, you should make sure you have your ducks in a row with regard to your planning. \textit{Even if you did your planning recently, there are some steps you should take to make sure you’re prepared for a relaxing, enjoyable vacation.}

First of all, I have to tell you: If you haven’t done your planning yet, or you haven’t updated your documents in a while, you should. \textit{At the very least, make sure your Power of Attorney, Healthcare Power of Attorney, and HIPAA Release are up to date.} These documents will ensure that if something happens and you’re disabled, the people you name will be able to take care of your health, financial, and legal matters.

If you are a parent with minor children, \textit{you need to designate guardians for your children.} Your Will should specify who will take care of your children if you die. But what if the guardians you name need a couple days to get to your children? The Children’s Safeguard Plans we design for families include designations for temporary guardians to serve while you’re on vacation, if you’re incapacitated, or while the permanent guardians you’ve named are located.

Once you’ve done your planning, you need to \textit{make sure the people you’ve named know where to find your documents.} Your Power of Attorney agents, executor, and trustees should know the location of your \textit{original} documents. If you have one of our “Big Green Binders” the Overview section has a place for you to write down where your originals are and who has copies. Whether or not you’re comfortable sharing the documents with people right now, you should fill out this sheet, make copies of it, and give copies of that sheet to your agents, so they know what to do if something happens to you.

While you’re making travel plans, it’s also a good time to let some friends and family members know where you’re going, how they can reach you in an emergency, and how you’re going to reach \textit{them} if you need help. If you’re traveling overseas, see the State Department’s travel checklist (vip.CarolinaFEP.com/TravelChecklist). Do your research, take photocopies of your passport (and leave one with friends stateside), and take written contact information for the nearest embassy or consulate.

As usual, being prepared takes a little more effort up front, but it makes things so much easier if there is an emergency. And knowing you’re prepared makes vacation all the more relaxing and fun. I hope you are set to enjoy a great summer, and if you are headed out of town, safe travels!

By the way, if you or someone you care about \textit{hasn’t} done planning yet, we have a Summer Special for people who complete their planning between now and August. See the inside pages of this newsletter to learn more!

Jackie Bedard
Author and Estate & Long-Term Care Planning Attorney
In April, Jackie presented “The 11 Threats to You, Your Family, and Your Assets” at the Triangle Aphasia Project, Unlimited. We interviewed founder Maura Silverman to learn more about the organization.

What is aphasia, the condition that you help with?

Aphasia is a devastating communication impairment most often caused by stroke or other brain injury, less frequently caused by progressive neurological diseases. It is a language disorder, not an intellectual disorder. Imagine knowing what you want to say, but being unable to communicate your thoughts, ideas, and feelings.

One of our biggest barriers is that aphasia is not commonly understood. Despite the fact that 2 million people in America will be diagnosed with aphasia by 2020, recent survey by the National Aphasia Association found that 84.5% have never heard of it.

There is no “cure” for aphasia. However, we are learning a great deal about neuroplasticity and the ability of the brain to rewire itself. While it is an exciting time as new treatment options emerge, there are limited resources available to implement them.

Who is affected by aphasia?

While often people think strokes happen to “older people,” our program’s average age is actually 47 years old. While we have individuals as old as 90, we frequently serve younger victims of stroke and brain injury.

What does TAP, Unlimited do?

The Triangle Aphasia Project (TAP), Unlimited is a nonprofit that serves individuals with aphasia, their families, and the community. We work in collaboration with an individual’s speech pathologist, introducing them to programs where they can connect with others with aphasia; practice language skills in reading, writing, listening, and speaking; and form important connections to return to their life interests and pursuits. We provide families with training, education, and support for dealing with aphasia in their daily lives. And we help professionals plan for their clients’ optimal recovery.

What made you decide to found TAP Unlimited?

I founded TAP, Unlimited in 2003 after more than a decade of serving individuals with aphasia across the continuum of care. I noticed that insurance reviewers, rather than patients and their treatment teams, were controlling decisions about cost and length of treatment. Meanwhile, social rehabilitation models, such as the Life Participation Approach to Aphasia, were being developed around improving quality of life and engagement in the community. TAP, Unlimited was a dream fulfilled: A way to provide individuals with a safe landing, a platform for continued gains in communication, and most importantly, communicative confidence.

Ironically, my own mother suffered a severe stroke in December of 2009, leaving her with nonfluent aphasia. Because of TAP, Unlimited, I was able to more clearly identify what caregivers and community providers needed to serve this population.

Tell me about Flashback Friday, your upcoming event.

We host a signature event every year that always revolves around music, as music is an incredible avenue for communication. Individuals who can’t utter a single word may be able to “sing” their messages and use rhythm to regain verbal communication. Besides, who doesn’t love music?

This year, we’re celebrating music through the decades. A group of TAP clients (the TAPTastics) will perform, and a DJ will spin songs spanning the decades, from your youth all the way through current hits.

Maura, thank you for talking with us!

Thank you, we always appreciate the opportunity to get the word out, and we welcome assistance from the community through volunteer efforts, board and committee involvement, and donations.

Flashback Friday is on June 23rd at Cypress Manor

Tickets are $40 and include food, dancing, music, and photos. There is a silent auction, balloon pop, wine wall, and a cash raffle.

Information, tickets, and sponsorship opportunities are available at [www.aphasiaproject.org](http://www.aphasiaproject.org)
Nala’s Nook
Nalsworth Dogglethorp, III, Esq. here (a.k.a, Nala). My job is to bring you something fun or interesting each issue:

Refreshing Cucumber Salad
This dish is a cool relief from the hot North Carolina sun. It makes a great BBQ side!

Ingredients

<table>
<thead>
<tr>
<th>Salad</th>
<th>Dressing</th>
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<tr>
<td>2 cucumbers</td>
<td>1/4 cup olive oil</td>
</tr>
<tr>
<td>About 20 grape tomatoes</td>
<td>2 Tbsp red wine vinegar</td>
</tr>
<tr>
<td>1 small red onion</td>
<td>1 Tbsp Dijon mustard</td>
</tr>
<tr>
<td></td>
<td>Salt and pepper to taste</td>
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Directions

- Peel, slice to remove the seeds, and cube the cucumbers.
- Thinly slice the onion. Cut the tomatoes into quarters.
- Combine and whisk the dressing ingredients. Toss the cucumbers, onion, and tomatoes with the dressing.

Just Kidding! You Can’t Take It with You
A doctor, a priest, and a lawyer are attending to a man on his deathbed. “They say you can’t take it with you,” he says. “But I want to try. I’ve given you each an envelope with $100,000 in it. Please put the money in my casket when I die.”

At the funeral, they each place an envelope in the casket. Later, the three talk. The doctor quietly confides, “I must confess: There was only $75,000 in my envelope. The hospital needed a new MRI, so I donated some of the man’s money.”

The priest, relieved, says, “My envelope only had $50,000 in it. I used some of the money to support our soup kitchen.”

The lawyer, indignant, exclaims, “I can’t believe your disloyalty! My envelope had a check for the full amount in it.”

Thank You For Introducing Your Friends & Family to Our Office!
It is an honor when clients, partners, and friends refer clients to us. We would like to thank the following:

<table>
<thead>
<tr>
<th>Cary Newcomers Club</th>
<th>Kenneth Marsh, First Citizens Bank</th>
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</thead>
<tbody>
<tr>
<td>North Raleigh Lions Club</td>
<td>Tim Murray, Aware Senior Care</td>
</tr>
<tr>
<td>Transitions LifeCare</td>
<td>Jay &amp; Laura Rodi</td>
</tr>
<tr>
<td>Ashley Crane, First Command Financial Services</td>
<td>Richard &amp; Carol Santelia</td>
</tr>
<tr>
<td>Louise Crichton</td>
<td>Maura English Silverman, TAP Unlimited</td>
</tr>
<tr>
<td>Dee Dee Harris, Alzheimers North Carolina</td>
<td>Dan Thomason, First Citizens Bank</td>
</tr>
<tr>
<td>Christopher Groves &amp; Jennifer Blakeslee</td>
<td>Linda Ward, Ward Family Law Group</td>
</tr>
<tr>
<td>Lisa Higginbotham</td>
<td>Vicki Williams</td>
</tr>
<tr>
<td>Sam Kelly, Cambridge Village of Apex</td>
<td>Rick White, Patriot Wealth Management</td>
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</tbody>
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SUMMER SPECIAL!
Stop Procrastinating and Save on Your Estate Planning This Summer

New clients who complete their planning between now and August 31, 2017 can get:

*** $100 off a will-based planning package or $250 off a trust-based planning package. ***

The catch? You must complete your planning without postponing or rescheduling any appointments along the way.

Almost all of our clients get started by attending one of our seminars. Get more details and register now at vip.CarolinaFEP.com/SummerSpecial or call us at 919-694-4437.

Our next four seminars are:
- Wednesday, June 28th at 3:00pm
- Thursday, June 29th at 6:30pm
- Thursday, July 13th at 6:30pm
- Wednesday, July 26th at 3:00pm
What’s New at Carolina Family Estate Planning

CFEP Turns 8 Years Old!
It was the middle of May 2009 when Jackie opened up our first office on Executive Circle. Since then, we’ve grown quite a bit, but our philosophy is still the same: Protect people’s health and wealth with smart plans that work. Thank you for being part of this incredible journey!

Out and About
We recently hosted Transitions LifeCare’s Cooper Linton to discuss End of Life Decisions at Morningside of Raleigh. Listen to a recording of the talk at vip.CarolinaFEP.com/TLCTalk

Kellie presented about “How Estate Plans Protect Families” for the North Raleigh Lions Club

Want to help your parents group, church group, or community organization “get their ducks in a row”? Contact us at newsletter@CarolinaFEP.com to start planning a special CFEP presentation.

The CFEP team celebrates 8 years with a pedicure outing at Paris Nails.

Jackie with Transitions LifeCare’s Cooper Linton at Morningside of Raleigh.

Kellie with two members of the North Raleigh Lions Club.